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ABSTRACT

Consistent with the Year 2000 National Health Promotion and Disease Prevention Objectives, this paper presents a proposal for a Wellness Clinician/Research specialization within the existing Master of Education in Physical Education degree program offered by the Division of Health, Physical Education, and Recreation at Wayne State University (Michigan). The specialty accommodates national, state, local, professional, and student concerns, interests, and needs for training in personal health promotion through improvements in lifestyle management, particularly in the area of physical activity. The overall goal of the proposed specialization is to provide appropriate academic preparation for graduate students specializing in wellness. This proposal includes a rationale for and a description of the program, along with program objectives, standards, administration, resources, and costs. The acceptance of this new area of concentration by the New Program and Program Review Committee will make it possible for the university optimally to prepare students for the nationally recognized and increasingly important area of health promotion and wellness. An appendix provides a curriculum including total program requirements. (LL)

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ED 365 654

PROPOSAL FOR A WELLNESS CLINICIAN/RESEARCH SPECIALIZATION

FOR THE EXISTING DEGREE PROGAM

MASTER OF EDUCATION IN PHYSICAL EDUCATION

BY

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INTRODUCTION

Name of Program: Wellness Clinician/Research Specialization

Title of Major: Physical Education

Title of Degree: Master of Education

Division: Health, Physical Education and Recreation

College: Education

Executive Summary

This proposal is for a Wellness Clinician/Research specialization within the existing Master of Education in Physical Education degree program offered by the Division of Health, Physical Education, and Recreation. The primary reason for this specialization is to accommodate national, state, local, professional, and student concerns, interests, and needs for such a specialization because of a greater emphasis being placed on these skills in the marketplace. All courses in the proposed specialization have been approved and are being offered on a regular basis; as such, the creation of a new degree program is not necessary. The proposed specialization consists of academic preparation for students which is consistent with Health Promotion and Disease Prevention goals and objectives for the nation, with existing specializations at other academic institutions across the country, and with the professional training, experience, and research expertise of faculty members already employed at Wayne State University in the Division of Health, Physical Education, and Recreation. The acceptance of this new specialization by the New Program and Program Review Committee will make it possible for Wayne State University to optimally prepare students in this nationally recognized and increasingly important area of specialization (i.e., health promotion/ wellness).

1.0 Program Rationale

1.1 Need

1.1.1 There is an increased need for professional training in the preventive aspects of health promotion and disease prevention at the national level (Bryant et al., 1993). The American Heart Association (AHA) has suggested that the next major advance in personal health will come through improvements in lifestyle management; particularly in the area of exercise and physical activity (Fletcher et al., 1992). This is consistent with the Year 2000 National Health Objectives (U.S. Department of Health and Human Services, Public Health Service, 1992), the educational training programs and wellness services already provided by over 500 colleges and universities nationwide(Schmottloch, Warren, & Sheller, 1993), the certification criteria of the American College of Sports Medicine (1991), and the recently proposed national health plan.

Recent evidence shows that Michigan citizens rank 50th of the 50 States with regard to population-attributable risks from the nine leading chronic diseases (Hahn, Teutsch, Rothenberg, & Marks, 1990). Thus, graduates of the proposed program will have an opportunity to positively influence the health status of Michigan residents.

1.1.2 and 1.1.3 The masters specialization in Wellness Clinician/Research requires a foundation of courses in applied exercise physiology, fitness assessment and prescription, educational program design, wellness and lifestyle modification principles, principles of program promotion and marketing, research methods, and statistics. Electives consist of coursework in administrative and legal aspects of health promotion programming, behavioral psychology, epidemiology, exercise physiology, health promotion, nutrition, and substance abuse. Depending upon a student's interests, either a project and internship (clinician) or thesis (research) option will be completed. The wellness specialization will extend the current preparation of physical education graduate students into a broader, more comprehensive concept of wellness. It will emphasize the behavioral and program planning aspects of fitness, health and wellness, and educational strategies for effecting desired behavior changes in these areas. This type of academic training is desired by employers interested in employing Wellness Clinician/Research specialists and should make students more marketable.

1.1.4 In the Year 2000 National Health Promotion and Disease Prevention Objectives, the need for professionals capable of improving our nation's health through physical activity, fitness, health promotion, and wellness programs is clearly identified (U.S. Department of Health and Human Services, Public Health Service, 1992). Student competencies gained through Physical Education Wellness Clinician/Research coursework and experiences would qualify graduates to sit for various professional certification examinations. The "gold-standard" professional certification program for graduates of this type of program is offered through the American College of Sports Medicine (ACSM). Two certification tracks are available through the ACSM. Graduates of the Wellness Clinician/Research specialization would be qualified to pursue certification in either track.

1.1.5 Student interest in the Wellness Clinician/Research specialization continues to increase. Advisors report that many students enrolled in the Division's graduate program would be better prepared for their future career endeavors by the proposed specialization. Currently students seeking this type of specialization at Wayne State University choose to major in either the "Exercise and Sport Science" or "Clinical/Community Health Education" options and select various electives in an effort to prepare themselves as wellness specialists. In addition, the proposed specialization is likely to attract new students to Wayne State University and the Division's graduate program in Physical Education. Approximately 50% of inquiries in graduate Physical Education are made regarding this type of specialization.

1.2 Projected Enrollment

The expected market will include graduates in Health, Physical Education, and Recreation and related areas and people presently employed in the field (e.g., commercial/corporate fitness/wellness professionals, YMCA/YWCA fitness/wellness directors, nurses). In addition, area community colleges offer associate level training in fitness and health and graduates of these programs would likely be attracted to pursue the proposed specialization.

1.3 Similarity to Other Programs

1.3.1 The unique blend of coursework which constitutes the proposed specialization differs from the current offerings available at other universities in the State of Michigan. Other universities in the State offer program specializations similar to those in existence at Wayne State University (i.e., distinct Health and Physical Education programs). State of the art programs in Health, Physical Education, and Recreation should blend research, theory, and practice. No Health, Physical Education, or Recreation program in the State of Michigan addresses these issues from the broad, comprehensive wellness concept. At the National level, several colleges and universities have begun to develop and implement wellness program specializations (Hill & Fisher, 1992; Schmottloch, Warren, & Sheller, 1993). Furthermore, there is nationwide interest and demand for persons with such educational training (Bryant et al., 1993).

1.3.2 The Division of Health, Physical Education, and Recreation is uniquely qualified to offer the proposed specialization; particularly with regard to the physical activity, fitness, and health promotion program planning aspects of the specialization. For some of the elective coursework, other Wayne State University academic units will be relied upon. At present, however, no Wayne State University department offers a masters degree with a specialization in Wellness Clinician/Research.

1.3.3 It is anticipated that this specialization will extend the preparation of many physical education graduate students toward a broader total concept of wellness. It will emphasize the behavioral and program planning aspects of fitness, health, and wellness, and educational strategies for effecting desired behavior changes in these areas. This unique blending of emphases best serves the professional marketplace of the 1990s in Health, Physical Education, and Recreation.

1.4 Advisory Resources

The proposed specialization has been developed by graduate faculty in the Division, approved by the faculty in the Division and College, and approved by the Dean. The process of structuring the program included networking at the state, regional and national levels with other schools undergoing similar program development and through attendance at professional meetings and symposia related to the proposed specialization. New faculty members have been specifically recruited within the Division over the past several years with expertise in one or more aspects of the proposed specialization. Each of these faculty members has extensive clinical and/or research experience in one or more aspects of the proposed specialization. Further, the faculty remains active in presenting and publishing scientific papers related to the proposed wellness specialization. One member of the faculty (Dr. Engels) currently serves on the ACSM's Healthy People 2000 Executive Committee. Finally, as described earlier, the proposed specialization will prepare graduates of the program to pursue ACSM certification.

2.0 Program Description and Objectives

The overall goal of the proposed specialization within the existing Master's of Education in Physical Education degree program is to provide appropriate academic

preparation for graduate students specializing in Wellness. Graduates of this program will be well prepared to participate in the ACSM certification program and, based on current national and State of Michigan needs, be highly marketable.

2.1 Objectives (Partial listing of program objectives)

Graduates of the program will demonstrate an understanding of:

A. Administrative skills particularly as they relate to computer hardware and software available, data base management, and wellness program monitoring;

B. Basic applied exercise physiology;

C. The effects of the aging process on the structure and function of the human organism;

D. Basic behavioral psychology, group dynamics, and learning techniques;

E. The pathophysiology of the major chronic diseases and how these processes are influenced by physical activity;

F. Appropriate techniques for health appraisal and use of fitness evaluations;

G. Emergency procedures, first aid, and evacuation plans;

H. Program design, implementation, and evaluation for individualized and group exercise, health, and wellness programs for specific populations (including "at risk" groups);

I. The principles of weight management, nutrition, and nutritional assessment;

J. The interrelationship between acute and chronic disease conditions and physical activity;

K. The human stress response and coping strategies for dealing with stress;

L. Exercise psychology principles (particularly those related to exercise adherence);

M. Program publicity and promotion principles, strategies, and techniques.

2.2 Admission Requirements

Admission requirements will be identical to those currently published in the course catalog for the Master of Education in Physical Education degree.

2.2.1. 2.60 GPA for regular graduate admission in Physical Education and a 2.25 GPA for qualified admissions.

2.2.2 A Bachelor's degree from an accredited college or university with a major in Health, Physical Education, or Recreation. Students with other related educational training or experience may be admitted, provided they have or are willing to fulfill prerequisite coursework.

2.2.3 Not applicable.

2.2.4 Not applicable.

2.3 Graduation Requirements

2.3.1 See Appendix A.

2.3.2 Identical to Wayne State University Graduate School requirements.

2.3.3 Both full-time and part-time students will be admitted to the program. To graduate, students must earn a minimum of 34 semester hours of credit, meet all other existing degree requirements for the Master of Education in Physical Education degree program, and do so within the time limitations established by the Graduate School.

2.4 Curriculum

2.4.1 to 2.4.4 See Appendix A. Note: All courses for this degree program specialization have been approved and are currently being offered.

2.4.5 to 2.4.7 Not applicable.

2.5 Monitoring and Advising Students

2.5.1 Standard advising practices will be followed. That is, graduate students enrolled in the Wellness Clinician/Research specialization within the existing Master of Education in Physical Education degree program will be advised by a graduate faculty member from the Division of Health, Physical Education, and Recreation. Students will meet with their assigned advisor to establish a plan of work before the completion of 12 semester hours of coursework. Advisors will provide student consultation as needed.

2.5.2 to 2.5.3 Same as existing programs.

2.6 Program Implementation

Graduate Bulletin copy listing the proposed program as a specialization within the existing Master's of Physical Education degree program will be submitted. The course

rotation schedule, now in place, includes all required courses. Target date for implementation is Fall 1994.

2.7 Bulletin Copy

Graduate Bulletin copy listing the proposed specialization within the existing Master of Education in Physical Education degree program, will be submitted as a specialization option. Wording to be submitted is as follows:
"Wellness Clinician/Research: This emphasis is designed primarily to prepare students for careers in health enhancement practice at the clinical or corporate level or for research into the effects of life-style change on overall health and physical vitality."

3.0 Program Standards

3.1 Comparative Admission Standards

Admission standards for the Wellness Clinician/Research specialization will be those currently in existence for the Master of Education in Physical Education degree program.

3.2 Accreditation

Not applicable.

3.3 Program Evaluation

The Wellness Clinician/Research specialization will be reviewed annually by the Division's graduate faculty. Furthermore, the graduate faculty conduct ongoing reviews of all programs in the Division in terms of enrollment, faculty expertise, and changing market trends.

4.0 Program Administration

Existing administrative policies for the Division and College will apply.

5.0 Program Resources

5.1 Faculty Qualifications

The following full-time faculty members will play a role in educating students in this program:

David Blievernicht, Ph.D., Associate Professor, Biomechanics, Fitness and Health

Brad Cardinal, Ph.D., Assistant Professor, Exercise Psychology, Health Promotion and Wellness

Marita Cardinal, Ed.D., Assistant Professor, Dance Education, Dance Science, and Fitness/Wellness

Hermann-J. Engels, Ph.D., Assistant Professor, Exercise Physiology, Nutrition, Health Promotion and Wellness

Sarah Erbaugh, Ph.D., Associate Professor, Research Methods, Lifespan Motor Development, and Motor Learning

Robert Kohl, Ph.D., Assistant Professor, Research Methods, Motor Learning and Control

Karen Kurz-McPherson, Ed.D., Assistant Professor, Elementary Physical Education, Motor Development

Jeff Martin, Ph.D., Assistant Professor, Sport and Exercise Psychology, and Wellness

Frank McBride, Ph.D., Associate Professor, Philosophical Foundations and Wellness

Mary Paonessa, Ed.D., Senior Lecturer, Health Education, Human Sexuality

Diane Pick, Re.D., Associate Professor, Community Recreation, Outdoor Recreation

Todd Seidler, Ph.D., Assistant Professor, Computer Applications and Program Administration

John Wirth, Ph.D., Assistant Professor, Exercise Physiology, Statistics, and Nutrition

Weimo Zhu, Ph.D., Assistant Professor, Measurement and Evaluation in Health and Physical Education

5.2 Graduate Faculty

Existing faculty will provide instruction. Each of the aforementioned faculty are productive scholars with research agendas related to one or more aspects of the proposed wellness specialization. It should be noted that of these faculty members, 10 have attained Regular "Graduate Faculty" Status here at Wayne State University; some in more than one Department.

5.3 Physical Facilities

Not applicable. This is not a new degree program.

5.4 Library Support

As per existing programs.

5.5 Planning

The program is consistent with the Year 2000 National Disease Prevention and Health Promotion Objectives (U.S. Department of Health and Human Services, Public Health Service, 1992), Wayne State University's vision statement and urban mission, and the Division of Health, Physical Education, and Recreation's priority areas.

5.6 Interdisciplinary Aspects

Wellness research is, by definition, multidisciplinary. As already noted, some of the elective coursework within the proposed specialization will come from Departments outside the Division of Health, Physical Education, and Recreation.

6.0 Program Costs

The preliminary budget plans for the Division of Health, Physical Education, and Recreation have encompassed costs associated with this program specialization. Planning will continue in the area of facility development. Most new programs involve some start-up costs and these have been taken into consideration.

6.1 Expenditures

Not applicable. This is not a new degree program.

6.2 Revenue

Not applicable. This is not a new degree program.

6.3 Student Financial Aid

Per existing mechanisms within the Division, College, and University.

References

American College of Sports Medicine. (1991). Guidelines for exercise testing and prescription (4th ed.). Philadelphia: Lea & Febiger.

Bryant, J., Pierce, W., Zakrajsez, D., Passmore, B., Swanson, R., Conn, J., & Mawson, M. (1992). Academic preparation and academic consumer - results and recommendations: A review. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Washington, D.C.

Fletcher, G.F., Blair, S.N., Blumenthal, J., Caspersen, C., Chaitman, B., Epstein, S., Falls, H., Froelicher, E. S. S., Froelicher, V. F., & Pina, I. L. (1992). Benefits and recommendations for physical activity programs for all Americans: A statement for health professionals by the committee on exercise and cardiac rehabilitation of the council on clinical cardiology, American Heart Association. Circulation, 86, 340-344.

Hahn, R. A., Teutsch, S.M., Rothenberg, R. B., & Marks, J. S. (1990). Excess deaths from nine chronic diseases in the United States, 1986. Journal of the American Medical Association, 264, 2654-2659.

Hill, C. E., & Fisher, S. P. (1992). Professional preparation in health promotion. Journal of Physical Education, Recreation, and Dance, 63(9), 58-62.

Schmottloch, R. N., Warren, R. M., & Sheller, D. (1993). The national wellness information resource center directory (vol. 4). Muncie, IN: Institute for Wellness.

U.S. Department of Health and Human Services, Public Health Services. (1992). Healthy people 2000: National health promotion and disease prevention objectives. Boston: Jones and Bartlett.

APPENDIX A

CURRICULUM

WAYNE STATE UNIVERSITY
College of Education
Division of Health, Physical Education and Recreation

Major:	**Physical Education**
Specialization:	**Wellness Clinician/Research**
Degree:	Master of Education in Physical Education

Degree Requirements: A minimum of 34 credit hours is required. The prerequisite to pursue this specialization is a baccalaureate degree in a wellness related field. A Master's Thesis is required for the research track while a Master's Project or Essay and Graduate Internship is required for the clinician track.

REQUIRED COURSES		**CREDITS**
HPR 750	Research Methods	4
HPR 756	Wellness and Lifestyle Modification Principles	3
P.E. 632	Fitness Assessment and Prescription	3
H.E. 642	Introduction to Health Education Program Design	3
HPR 899	Master's Thesis (Research Track Only)	8
	or	
HPR 875	Graduate Internship and (Clinician Track only)	5
HPR 799	Master's Project/Essay (Clinician Track only)	3
	Minimum:	21

GENERAL PROFESSIONAL REQUIREMENTS		
EER 763	Fundamentals of Statistics	3
EDP 735	The Learning Process	3
	Minimum:	6

SELECTED COURSES		
HPR 654	Workshop in HPR	2 - 3
HPR 790	Special Problems in HPR	1 - 3
HPR 753	Computer Applications in HPR	3
HPR 655	Publicity, Promotion and Public Relations in HPR	2
HPR 664	Legal Issues and Risk Management	3
HPR 841	Current Issues in HPR	2
P.E. 631	Exercise Physiology	3
H.E. 653	Principles and Practice of Health Education & Health Promotion	3
P.E. 856	Advanced Exercise Physiology	3
EDP 742	Introduction to Behavioral Psychology	4
CED 505	Counseling Strategies with Substance Abusers	3
I.T. 510	Using Audiovisual Methods, Materials, and Equipment	2
C.M. 724	Epidemiology	3
NFS 500	Contemporary Issues in Nutrition and Food Science	1 - 4
	Minimum:	7

TOTAL PROGRAM REQUIREMENTS: 34

Note: Division Graduate Program Requirement Minimums are as follows: Total Credit Hours - 34; Division Credits = 24. Specialization credit hour requirements may exceed the minimum. Course substitutions must be approved in writing by the student's advisor.

Pending Approval